COVID-19 Impact Survey Results

Clarissa P. Moreno

Marshall School of Business, University of Southern California

COVID-19 Impact Survey Results

The Coronavirus Disease 2019 (COVID-19) pandemic rapidly spread across the globe, causing millions of deaths and infecting millions more (Our World in Data, 2021). Precautionary measures to minimize the spread of COVID-19 throughout communities resulted in worldwide lockdowns. The restrictive, isolation, social distancing, and closures of organizations and institutions implemented by the World Health Organization (WHO) and Center for Disease Control (CDC) affected work conditions at large, and consequently the physical and mental well-being of individuals (Usher et al, 2020). The new work environment created by the closure of workspaces and educational institutions generated a challenge for households, blurring the boundaries between work and family lives. Sharing a workspace during a time of pandemic, along with the stress, anxiety and prolonged sedentary activities that came along with the restrictions can have detrimental effects on physical and mental wellbeing (Xiao et al, 2021).

The goal of the COVD-19 Impact survey was to gain insight into how the restrictive measures implemented by the CDC and WHO affected various aspects of the participants' lives, from relationships with friends and family to physical and mental health. The results presented here, focus primarily on how working remotely affected the mental health of individuals during the lockdowns and how returning to work has impacted the current status of their mental health.

Understanding the well-being of participants was affected by pandemic-driven changes to the work environment, will provide employers with the opportunity to reassess the nature of their work. While also reevaluating how they can assist or provide support for their employees while working both within a physical or virtual workspace.

Method

Participants

Sixty-three participants took part in the study, three participants' responses were deleted due to incompletion. Of the 60 remaining participants (21 males, 38 females, 1 preferred not to say). The majority of participants (55%) were aged between 25 - 34. Additionally, 85% of participants were employed at the time of surveying. Participants were located primarily through social media, in which they were asked to participate to assist the graduate students presenting the survey. The purpose of the study was stated in the first portion of the survey, along with a privacy statement prior to continuing. Forty percent of participants were asked to work remotely during the COVID-19 pandemic. Sixty-two percent of the participants asked to work remotely had returned to work prior to surveying,

Materials and Procedure

An online survey was used to collect data from July 9, 2021, until July 13, 2021. The survey contained 53 questions (see Appendix A) and was divided into 05 sections: Physical & Mental Health, Finances, Relationships, Education, and Opinion. The first section, Physical and Mental Health, assessed participant health an example question from this section was "how would you rank your current physical health?" and "how would you rate your current mental health?" The next section examined Finances, including employment and housing, an example question from this section was "did your household income decrease during the COVID-19 pandemic?" The next section examined Relationships, including family and friends, an example question from this section was "how would you rate your communication with family members during the COVID-19 restrictions/lockdown?" The next section examined Education, an example question from this section was "did you decide to further your education during the

COVID-19 pandemic?" The final section examined Opinion participants have on the COVID-19 pandemic, an example question was "please rate the following: I think that masks are effective in preventing the spread of viruses".

The majority of questions were answered via a 7-point and 5-point Likert scale, ranging from "very strongly agree" to "very strongly disagree." The remaining questions used yes/no or remained open-ended.

Results

Exploration on Mental Health Status

As life changes unexpectedly occurred related to COVID-19, participants were asked to rate several aspects of their mental health on a 5-point Likert scale, while restrictive measures were in place. Approximately three-fourths (80%) of participants reported feelings of average to more than above average stress and symptoms of depression (82%), while almost all (90%) reported average to more than above average symptoms of anxiety during the height of the COVID-19 pandemic.

Participants were asked to rate the state of their current mental health on a 5-point Likert scale from "terrible" to "excellent". Participants, in general, reported their current mental health status to be "average" (M = 3.18, SD = 1.017). A one-sample t-test indicated that this means the value was not significantly different from the midpoint (average) value of 3.0, $t(59) = 1.397$, $p = .168$, indicating that there is no significant change in participants mental health status since lockdown restrictions have eased.

Employment Status

Of the sixty participants, the majority (85%) reported they are currently employed, with less than 1% reporting having lost their job due to COVID-19 closures. Forty percent of participants noted that due to closures, their employers required that their job be done remotely. Sixty-two percent of participants reporting to work remotely have returned to work since restrictions have eased across the nation.

Relationship Between Mental Health and Employment

Non-significant negative correlations were found between stress, anxiety, and depression during the lockdown restrictions due to COVID-19 and working remotely, (r = -22, p = .117), (r = -.19, p = .158), (r = -.03, p = .805), respectively. However, there was a tendency for participants who worked remotely to experience higher levels of stress, anxiety, and depression.

A significant negative correlation was found between participants who have returned to work and the current state of their mental health, (r = -.35, p = .017). Participants who have returned to work reported average mental health.

Discussion

The Coronavirus Disease and pandemic associated with it mandated many to stay home and were abruptly asked to work from home. This survey aimed to discover how the COVID-19 affected the physical health, mental health, finances, relationships, education, and the overall opinion of the population; with a primary focus on how working conditions affected participants' mental health. Initial implications were that changes in working conditions during the lockdown restrictions were to correlate with the decrease in mental health. Although most participants reported experiencing struggles with their mental health, less than half reported abrupt changes to their work environment, results show there is a negative non-significant correlation between

the two. This determining that changes to the work environment were not a factor for diminishing mental health during the COVID-19 restrictions.

Due to the need to attain results for the survey quickly, the participant pool proved to be significantly small. Providing insufficient responses to determine if mental health throughout the COVID-19 pandemic had decreased due to abrupt work changes as initially hypothesized. As this survey was meant to explore the impact of COVID-19 on multiple aspects of their lives, some very personal, such as mental health and sex life. Results show that participants were less likely to answer questions of a personal nature than they were to those regarding their overall opinion.

Should this survey be repeated in the future, the survey should be reevaluated to focus on specific sections, rather than seek out information on how COVID-19 affected all aspects of participants lives. The survey should also be distributed to more participants', for a longer period. This would provide researchers with more data to accurately answer and understand the implications of how work environment changes impacted participants' mental health.

Reference

Coronavirus (COVID-19) cases (2021, July 16). Our World in Data. Retrieved July 16, 2021, from https://ourworldindata.org/covid-cases

Usher, K., Durkin, J., & Bhullar, N. (2020) The COVID-19 pandemic and mental health impacts. *International Journal of Mental Health Nursing, 29*(3), 315-318. https://doi.org/10.1111/inm.12726

Xiao, Y., Becerik-Gerber, B., Lucas, G., & Roll, S. C. (2021). Impacts of working from home during COVID-19 pandemic on physical and mental well-being of office workstation users. *Journal of Occupational and Environmental Medicine, 63*(3), 181-190. https://doi.org/10.1097/JOM.0000000000002097

Appendix A
COVID-19 Survey

Intro: Thank you for agreeing to participate in our study to help us better understand how the Covid-19 pandemic has impacted people and gather insight on their opinions. Your feedback is greatly appreciated and is a valuable part of our research, so please answer the questions as honestly as possible. All survey responses are anonymous and will be compiled and reported in aggregate. None of the responses will be connected to any identifying information. Thank you for taking the time to share your feedback.

Q1 Overall, how did Covid-19 impact your…

	Extremely negative change (1)	Moderately negative change (2)	Slightly negative change (3)	No change (4)	Slightly positive change (5)	Moderately positive change (6)	Extremely positive change (7)
physical health? (1)	○	○	○	○	○	○	○
fitness? (2)	○	○	○	○	○	○	○
mental health? (3)	○	○	○	○	○	○	○
employment? (4)	○	○	○	○	○	○	○
finances? (5)	○	○	○	○	○	○	○
housing? (6)	○	○	○	○	○	○	○
relationships? (7)	○	○	○	○	○	○	○
family? (8)	○	○	○	○	○	○	○
education? (9)	○	○	○	○	○	○	○
lifestyle? (10)	○	○	○	○	○	○	○

End of Block: Overall Impact

Start of Block: Physical Health

Q2 How would you rank your current physical health?

	terrible (1)	poor (2)	average (3)	good (4)	excellent (5)
My current physical health is… (1)	○	○	○	○	○

Q8 The Covid-19 pandemic affected my access to…

	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
medical care. (1)	○	○	○	○	○
prescriptions/medication. (2)	○	○	○	○	○

Q3 Have you received a Covid-19 vaccination?

- ○ Yes, I am partially vaccinated . (1)
- ○ Yes, I am fully vaccinated. (2)
- ○ No, I am not vaccinated. (3)
- ○ Prefer not to say (4)

Q4 Have you ever been tested for Covid-19?

- ○ Yes (1)
- ○ No (2)
- ○ Prefer not to say (3)

Q5 Have you tested positive for Covid-19?

- ○ Yes (1)
- ○ No (2)
- ○ Prefer not to say (3)

Display This Question:
If Have you tested positive for Covid-19? = Yes

Q9 After testing positive, how would you rate your symptoms from Covid-19?

My symptoms were… (1)	○ asymptomatic (1)	○ mild (2)	○ moderate (3)	○ severe (4)	○ life threatening (5)

Display This Question:
If Have you tested positive for Covid-19? = Yes

Q6 Were you hospitalized?

- ○ Yes (1)
- ○ No (2)
- ○ Prefer not to say (3)

Display This Question:
If Have you tested positive for Covid-19? = Yes

Q7 Did you develop any long term symptoms?

_____
_____
_____
_____
_____

End of Block: Physical Health

Start of Block: Fitness

Q10 How often did/do you…

	Daily (1)	4-6 times a week (2)	2-3 times a week (3)	Once a week (4)	Never (5)
engage in physical activity before Covid-19. (1)	○	○	○	○	○
engage in physical activity during Covid-19 lock-downs/restrictions. (2)	○	○	○	○	○
engage in physical activity now. (3)	○	○	○	○	○
go to the gym before Covid-19. (4)	○	○	○	○	○
go to the gym upon reopening after lock-downs/restrictions. (5)	○	○	○	○	○

Q11 I completely stopped working out during the Covid-19 pandemic.

- ○ Yes (1)
- ○ No (2)
- ○ Prefer to not say (3)

Q12 I started working out during the Covid-19 pandemic.

- ○ Yes (1)
- ○ No (2)
- ○ Prefer to not say (3)

Q13 Please rate the following statement:

	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
I feel safe returning to the gym. (1)	○	○	○	○	○

End of Block: Fitness

Start of Block: Mental Health

Q14 How would you rate your current mental health?

	terrible (1)	poor (2)	average (3)	good (4)	excellent (5)
My current mental health is… (1)	○	○	○	○	○

Q15 Please rate the following statements:

	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
During the Covid-19 pandemic I experienced feelings of stress. (1)	○	○	○	○	○
During the Covid-19 pandemic I experienced symptoms of anxiety. (2)	○	○	○	○	○
During the Covid-19 pandemic I experienced symptoms of depression. (3)	○	○	○	○	○

Q16 Please answer the following questions about your mental health care.

	No/Never (1)	A few times (2)	Monthly (3)	Bi-monthly (4)	Weekly (5)	2-6 times weekly (6)	Daily (7)
How often did you access mental health services prior to the Covid-19 pandemic? (1)	○	○	○	○	○	○	○
Did you begin accessing mental health services during Covid-19? (2)	○	○	○	○	○	○	○
Are you still using mental health services now? (3)	○	○	○	○	○	○	○

End of Block: Mental Health

Start of Block: Employment

Q17 Please answer the following questions about your employment.

	Yes (1)	No (2)	Prefer not to say (3)	Not Applicable (4)
Are you currently employed? (1)	○	○	○	○
Did you loose your job due to the Covid-19 pandemic? (2)	○	○	○	○
Did you have to miss work due to testing positive for Covid? (3)	○	○	○	○
Have you returned to work? (4)	○	○	○	○
Did your job ask you to work remotely? (5)	○	○	○	○
If you have been working from home, would you prefer to continue doing so? (6)	○	○	○	○
Were you furloughed? (7)	○	○	○	○
Do you feel safe returning to work? (8)	○	○	○	○

Display This Question:

If Please answer the following questions about your employment. = Were you furloughed? [Yes]

Q18 How long were you furloughed for?

_____

Display This Question:
If Please answer the following questions about your employment. = Are you currently employed? [Yes]

Q19 Please rate the following statement:

	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
I feel safe at work. (1)	○	○	○	○	○

End of Block: Employment

Start of Block: Finances

Q21 What is your yearly household income level?

	Under $29,999 (1)	$30,000 - $49,999 (2)	$50,000 - $79,999 (3)	$80,000 - $119,999 (4)	$120,000 - $149,999 (5)	More than $150,000 (6)
My yearly household income level is… (1)	○	○	○	○	○	○

Q22 Did your household income decrease during the Covid-19 pandemic?

- ○ Yes (1)
- ○ No (2)
- ○ Prefer not to say (3)

Q23 Please rate the following statements:

	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
I believe the Covid-19 pandemic affected my finances. (1)	○	○	○	○	○
The stimulus provided enough relief for my situation. (2)	○	○	○	○	○

End of Block: Finances

Start of Block: Housing

Q23 Please answer the following questions about housing.

	Yes (1)	No (2)	Prefer not to say (3)	Not Applicable (4)
Was there ever a time during the pandemic where you were unable to make a rent/mortgage payment? (1)	○	○	○	○
Did you use government assistance to continue making rent/mortgage payments? (2)	○	○	○	○
Did you move during the pandemic? (3)	○	○	○	○
Did you sell your house? (4)	○	○	○	○
Were you homeless due to the pandemic? (5)	○	○	○	○
Did someone move in with you during the pandemic? (6)	○	○	○	○

End of Block: Housing

Start of Block: Relationships

Q24 Please answer the following questions about your relationship status. (Select all that apply.)

	Married (1)	Widowed (2)	Divorced (3)	Separated (4)	Single (5)	In a Relationship (6)
What is your current relationship status? (1)	☐	☐	☐	☐	☐	☐
What was your relationship status before the Covid-19 pandemic? (2)	☐	☐	☐	☐	☐	☐

Q25 How often did/do you…

	Never (1)	A few times throughout the year (2)	Once a month (3)	A few times per month (4)	Once a week (5)	Multiple times per week (6)	Daily (7)
talk to loved ones before Covid-19? (1)	○	○	○	○	○	○	○
talk to loved ones during Covid-19 lock-downs/restrictions? (2)	○	○	○	○	○	○	○
visit loved ones before Covid-19? (3)	○	○	○	○	○	○	○
visit loved ones after Covid-19 lock-down/restrictions? (4)	○	○	○	○	○	○	○

Q26 Please rate the following statements:

	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
The stay-at-home orders prevented me from visiting with loved ones. (1)	○	○	○	○	○
Covid affected my ability to socialize. (2)	○	○	○	○	○
I use technology to connect with loved ones more since the Covid-19 pandemic. (3)	○	○	○	○	○

Q27 Did you lose a loved one due to Covid-19?

- ○ Yes (1)
- ○ No (2)
- ○ Prefer to not say (3)

Q28 How did Covid-19 impact your sex life?

	Extremely positive change (1)	Moderately positive change (2)	Slightly positive change (3)	No change (4)	Slightly negative change (5)	Moderately negative change (6)	Extremely negative change (7)
Overall my sex life experienced a/an (1)	○	○	○	○	○	○	○

Q29 When was the last time you had physical contact with a person (including a friendly hug or kiss)?

_____

Page Break

Q34 What relationships have been particularly helpful to you during the Covid-19 pandemic?

_____
_____
_____
_____
_____

Q35 What made them valuable to you?

_____
_____
_____
_____
_____

Q36 Were these new or existing relationships

- New (1)
- Existing (2)
- Mix of both (3)

End of Block: Relationships

Start of Block: Family

Q30 How would you rate your…

	Terrible (1)	Poor (2)	Average (3)	Good (4)	Excellent (5)
communication with immediate family members before the Covid-19 pandemic? (1)	○	○	○	○	○
communication with immediate family members during the Covid-19 restrictions/lock-downs? (2)	○	○	○	○	○
communication with immediate family members now? (3)	○	○	○	○	○
communication with extended family members before the Covid-19 pandemic? (4)	○	○	○	○	○
communication with extended family members during the Covid-19 restrictions/lock-downs? (5)	○	○	○	○	○
communication with extended family members now? (6)	○	○	○	○	○

Q31 Please rate the following statements:

	Strongly agree (1)	Somewhat agree (2)	Neither agree nor disagree (3)	Somewhat disagree (4)	Strongly disagree (5)
I feel comfortable being around people who live in my immediate household. (1)	○	○	○	○	○
I feel comfortable being around people who do not live in my immediate household. (2)	○	○	○	○	○

Q32 Do you have children?

- ○ Yes (1)
- ○ No (2)

Display This Question:
If Do you have children? = Yes

Q37 If you use childcare, please rate the following statement:

	Extremely negative change (1)	Moderately negative change (2)	Slightly negative change (3)	No change (4)	Slightly positive change (5)	Moderately positive change (6)	Extremely positive change (7)
The Covid-19 pandemic impacted my access to childcare. (1)	○	○	○	○	○	○	○

Q38 What have been the greatest barriers to engaging with family during the Covid-19 pandemic?

_____
_____
_____
_____
_____

End of Block: Family

Start of Block: Education

Q39 Did you decide to further your education during the Covid-19 pandemic?

- ○ Yes (1)
- ○ No (2)

Display This Question:
If Did you decide to further your education during the Covid-19 pandemic? = Yes

Q40 Please rate the following statements:

	Strongly agree (1)	Somewhat agree (2)	Neither agree nor disagree (3)	Somewhat disagree (4)	Strongly disagree (5)
I enjoyed taking virtual courses. (1)	○	○	○	○	○
I prefer to continue virtual classes. (2)	○	○	○	○	○
I prefer to go back to campus. (3)	○	○	○	○	○
I needed to purchase/borrow technology to take virtual classes. (4)	○	○	○	○	○
I struggled learning virtually. (5)	○	○	○	○	○
I did not get the support I needed while learning virtually. (6)	○	○	○	○	○
I feel safe returning to campus. (7)	○	○	○	○	○

End of Block: Education

Start of Block: Lifestyle

Q41 Prior to the Covid-19 pandemic, on average how many times a week were you engaged in the following activities?

	0 times per week (1)	1-2 times per week (2)	3-4 times per week (3)	5+ times per week (4)
Indoor restaurant dining (1)	○	○	○	○
Outdoor restaurant dining (2)	○	○	○	○
Retail shopping (non-essential) (3)	○	○	○	○

Q42 How many times have you engaged in the following activities this past week?

	0 times per week (1)	1-2 times per week (2)	3-4 times per week (3)	5+ times per week (4)
Indoor restaurant dining (1)	○	○	○	○
Outdoor restaurant dining (2)	○	○	○	○
Retail shopping (non-essential) (3)	○	○	○	○

Q43 Please rate the following statements:

	Strongly disagree (1)	Somewhat disagree (2)	Neither agree nor disagree (3)	Somewhat agree (4)	Strongly agree (5)
Since the start of Covid-19-19 I have increased my use of social media. (1)	○	○	○	○	○
I used social media to stay in touch with friends and family during the pandemic. (2)	○	○	○	○	○

Q44 Did you learn any new hobbies during the pandemic?

- ○ Yes (1)
- ○ No (2)

Display This Question:
If Did you learn any new hobbies during the pandemic? = Yes

Q45 What new hobbies did you learn?

_____

Q46 My use of…

	Decreased (1)	Stayed the same (2)	Increased (3)
Delivery services (1)	○	○	○
Curb-side pick up (2)	○	○	○
Online shopping (3)	○	○	○
In store shopping (4)	○	○	○

End of Block: Lifestyle

Start of Block: Opinions

Q47 I believe I had Covid-19, but was not tested.

- ○ Yes (1)
- ○ No (2)
- ○ Prefer not to say (3)

Q48 Please rate the following statements:

	Strongly disagree (1)	Disagree (2)	Somewhat disagree (3)	Neither agree nor disagree (4)	Somewhat agree (5)	Agree (6)	Strongly agree (7)
I believe people should continue wearing masks in public spaces. (1)	○	○	○	○	○	○	○
I believe that children (2 years and older) should wear masks in public. (2)	○	○	○	○	○	○	○
I think that unvaccinated people should be required to wear masks. (3)	○	○	○	○	○	○	○
I think it is my right to not wear a mask. (4)	○	○	○	○	○	○	○
I think that masks are effective in preventing the spread of viruses. (5)	○	○	○	○	○	○	○
I believe that children are safe from Covid-19. (6)	○	○	○	○	○	○	○
Local safety regulations made me feel	○	○	○	○	○	○	○

safe throughout the pandemic. (7)							
I am concerned about getting sick from Covid-19 (8)	○	○	○	○	○	○	○
I am concerned about a loved one getting sick from Covid-19. (9)	○	○	○	○	○	○	○
I feel safe in public indoor spaces. (10)	○	○	○	○	○	○	○
I avoid large crowds. (11)	○	○	○	○	○	○	○
I believe the stay-at-home orders were successful. (12)	○	○	○	○	○	○	○
I think that the stay-at-home orders were too strict. (13)	○	○	○	○	○	○	○
I believe the vaccine is safe. (14)	○	○	○	○	○	○	○
I believe the vaccine should be mandatory for students to return to school. (15)	○	○	○	○	○	○	○

I have researched to from my opinions on Covid-19. (16)	○	○	○	○	○	○	○
The stay-at-home orders made me feel uncomfortable in public. (17)	○	○	○	○	○	○	○
Now that the stay-at-home orders have been lifted, I feel comfortable in public. (18)	○	○	○	○	○	○	○
I believe the pandemic is over. (19)	○	○	○	○	○	○	○

Q49 Throughout the pandemic, where have you gathered information on the virus, safety protocols, vaccination, and other topics related to the pandemic from? Please select all that apply and list the specific source types.

- ☐ Televised news (1) _____
- ☐ Online news publications (2) _____
- ☐ Printed news publications (3) _____
- ☐ Audio publications (4) _____
- ☐ Government organizations (CDC, local government) (5) _____
- ☐ Scholarly publications (6) _____
- ☐ Professional opinions (7) _____
- ☐ Social media (8) _____
- ☐ Friends/Family (9)
- ☐ Other (10) _____

End of Block: Opinions

Start of Block: Demographics

Q50 How old are you?

	Under 18 (1)	18 - 24 (2)	25 - 34 (3)	35 - 44 (4)	45 - 54 (5)	55 - 64 (6)	65 - 74 (7)	75 - 84 (8)	85 or older (9)
I am… (1)	○	○	○	○	○	○	○	○	○

Q51 What gender do you identify with?

	Male (1)	Female (2)	Non-binary / third gender (3)	Prefer not to say (4)
I am… (1)	○	○	○	○

Q53 What is your ethnicity?

	White (1)	Black or African American (2)	American Indian or Alaska Native (3)	Asian (4)	Native Hawaiian or Pacific Islander (5)	Hispanic or Latino (6)	Other (7)
I am… (1)	☐	☐	☐	☐	☐	☐	☐

Q52 What is your highest level of education?

	Less than high school (1)	High school graduate (2)	Some college (3)	2 year degree (4)	4 year degree (5)	Professional degree (6)	Doctorate (7)
Currently (1)	○	○	○	○	○	○	○

End of Block: Demographics